

Missouri Grasslands Healthy Habitat Walk/Run

WHEN: Saturday, October 9, 2004. Rain or shine. 9:00 a.m. start time. Race packets available from 8:00 to 8:45 a.m. at the pavilion.

Participants may register for a 10K run, a 5K run or a 5K walk. The 5K walker's course will be separate from the 5K and 10K runners' course.

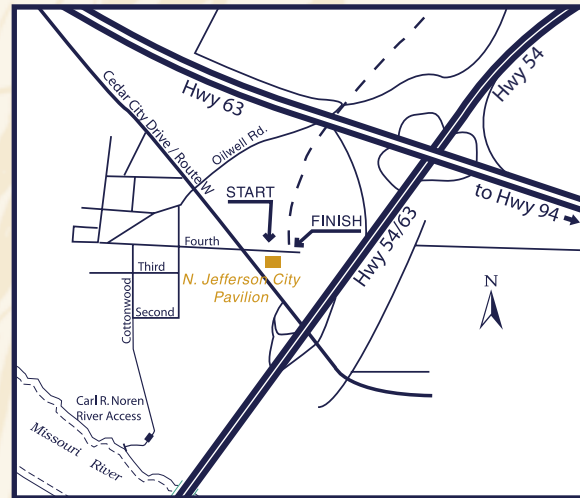
WHAT: Course: 10K Run: The race starts and finishes at the North Jefferson City Pavilion, with the first mile on Oilwell Road, then turn right on the Katy Trail to the trail head, continue east out and back 1.5 miles on the Katy trail; then finish on the Katy trail spur to the pavilion.

5K Run: The same course as the 10K minus the 1.5 miles east out and back on the Katy Trail.

5K Walk: Out and back, flat, paved course to the Carl R. Noren River access.

WHY: Your contribution will go to the Missouri Conservation Heritage Foundation to help restore habitat, do research and support education projects for endangered animals and plants in Missouri.

WHERE: North Jefferson City Pavilion, Jefferson City, Missouri. The pavilion is near the Katy Trail at the intersection of highways 63 and 54.



2004
SPONSORS:



MISSOURI DEPARTMENT
OF NATURAL RESOURCES



to the Missouri
GRASSLANDS

HEALTHY Habitat Walk/Run

(formerly the Endangered Species Walk/Run)

OCTOBER 9, 2004

MISSOURI HEALTHY HABITAT 2004 ENTRY FORM

Name (last, first, middle initial)

Address City State Zip

Daytime phone Your age as of race day ☐ Male ☐ Female

CHOOSE ONE RACE: ☐ 10K run ☐ 5K run ☐ 5K walk

CHOOSE ONE LONG-SLEEVED T-SHIRT SIZE: Youths ☐ M ☐ L Adults ☐ S ☐ M ☐ L ☐ XL

ENCLOSED IS MY NON-REFUNDABLE ENTRY FEE:

☐ \$10 I am 14 or younger, and I am ordering a youth-sized shirt.

☐ \$15 I am 14 or younger, but I would like an adult-sized shirt.

☐ \$15 I am 15 or older, and I am ordering an adult-sized shirt.

☐ \$18 or more. I will not be participating, but would like to make a donation and receive a T-shirt.

\$ _____ total amount enclosed

WAIVER AND RELEASE: I, the undersigned, in consideration for running/walking in the Healthy Habitat Walk/Run, for myself, my heirs, assigns and personal representatives, hereby waive, release and promise not to sue the Department of Conservation, Department of Natural Resources, Jefferson City Parks and Recreation, Missouri Conservation Heritage Foundation, race directors, all sponsors, and the officers, agents and employees of those entities for any injury or damage I suffer as a result of my participation in this event. I realize and assume the risks involved in running/walking in an event of this length and nature, and those involved in running/walking on public roads with vehicular traffic and other runners/walkers. I certify that I have properly trained for the event and that I will run/walk it on foot without wearing headphones. I understand that in signing this waiver and release I am giving up valuable rights, though it is not possible to know what damage I might suffer. I am releasing the above named entities from all responsibility or liability. I have read this waiver and release and am signing with full understanding of its full meaning and knowing it is a binding legal document. (Must be signed by participant and, if under 18, by a parent also.)

Signature of entrant (parent or guardian if under 18) Date



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REGISTRATION: By Mail: Postmark deadline is September 20. Please check the appropriate circles on the adjoining page to register for the walk/run and T-shirt. Age 14 and younger, \$10 per entry. Age 15 and older, \$15 per entry. All adult-sized shirts are \$15, regardless of participant’s age. An additional \$3 fee per entry must be included if postmarked later than September 22. No confirmation will be sent.

Make checks payable to Missouri Conservation Heritage Foundation.
Mail to Missouri Conservation Heritage Foundation, Healthy Habitat Walk/Run, P.O. Box 366, Jefferson City, MO 65102-0366.

Race day: Age 14 and younger, \$13 per entry. Age 15 and older, \$18 per entry.

PACKET PICKUP: Race Day: under the pavilion, 8:00 a.m. to 8:45 a.m.

Early pickup: at the Missouri Department of Conservation headquarters, 2901 W. Truman Blvd. in Jefferson City, October 8, 8:00 a.m. to 3:00 p.m.

AWARDS: age groups: First three male and female finishers in each 10K run, 5K run and 5K walk divisions: 10 and younger, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and older.

SAFETY CONCERNS: No headphones or pets allowed on the trail. Strollers/joggers are welcome, but must stay at the end of the lineup at start.